

Sexually Transmitted Infections (STIs)	
Aim	
<ul style="list-style-type: none"> • To raise awareness of the most common sexually transmitted infections • To broaden knowledge around signs and symptoms, treatment and possible effects on health • To increase confidence around accessing local services for support, testing and treatment 	
Resources Needed:	
<ul style="list-style-type: none"> • Board or flip chart for facilitator to write on • Sexual Health Sheffield Sexually Transmitted Infections Overview • Sexual Health Sheffield Sexually Transmitted Infections Information Cards • Sexual Health Sheffield Matching Game Cards 	
Length of Session: 1 hour	
Setting The Scene	
<p>A sexually transmitted infection (STI), is any kind of bacterial or viral infection that can be passed on through unprotected sexual contact. Anyone can get an STI, treatment is available, and getting tested is free and confidential at Sexual Health Sheffield (including Youth Clinic).</p>	

<p>Ice Breaker (Whole Group Activity)</p> <p>Myths and Misconceptions</p> <p>Ask the group what they know or have heard about STI's. This could be names, treatment, testing, things they have heard, how someone can get an STI, who can get an STI, etc. Write this up on the board and leave this up throughout the session.</p>	10 mins
<p>Main Activity (Small Group Activity)</p> <p>STI Matching Game</p> <p>Explain that the aim of the exercise is to find out more about common infections by matching up: The infections (yellow card) The symptoms (red card) The effects on health (blue card) The treatment (green card)</p> <p>Divide the group into 2 or 3 smaller groups and give them a full set of STI Matching Cards each. Explain that they will have 15 minutes to match the cards and might want to use a table or floor space to lay them out. Reassure group that this is not a test and not to worry if they aren't sure on anything – the cards are there to generate discussion about common infections and how to manage them.</p>	5 mins for intro 15 mins for activity 15 mins for feedback

<p>At end of 15 minutes ask participants if there were any infections they hadn't heard of? Was there anything they weren't sure about? Where there any that sounded quite similar?</p> <p>Facilitator to then go through the correct matching (use overview sheet or information cards)</p> <p>Close exercise with any feedback and ask the group what they would do now if they were concerned about having an infection?</p>	
<p>Knowledge Check (Whole Group Activity)</p> <p>Look back at the list of things the group talked about at the beginning of the session. Ask the group to see if they can identify anything on the list that they now know to be a myth, misconception or incorrect information. Can they share the correct information with the group?</p>	10 mins
<p>Signposting To Local Services</p> <p>Using either a flipchart or presentation slide display:</p> <p>Sexual Health Sheffield Free and confidential sexual health support for everyone, including: Testing and treatment of all STIs PEP and PrEP Vaccinations Walk-in youth clinic service for anyone aged 18 or under (also providing contraception support) Postal STI screening kits</p> <p>Some GP Practices and Health Services also offer free and confidential STI screening</p> <p>For more information visit bit.ly/SHSheff or call 0114 226 8888 (facilitator to encourage participants to take URL and/or telephone number before leaving session)</p>	5 mins